LESSONS I LEARNED ABOUT SETTLING FOR LESS

By Jayne Ombayo 22 April 2022

Not as long as I hoped I would be as a place I never thought I would be in. I'm talking about relationships. I'm 30 and my life turned into long months of depression and overthinking trying to figure out why was it not working out.

I questioned what could be so terrible about this relationship? Was it the fact that I had to say myself flowers on Valentine's Day because he wouldn't? Or was it being together but still not knowing anyone from his family? Was I asking for too much or was I just being a bad girlfriend? Was I the toxic, "I want to be better" people like me, settle for unhappy. It's not good enough.

Photo by Ashley Bongard from Pexels

My breakthrough came when I had a chat with Chryss Ochola. Chryss is a life coach and a friend of mine. Sometimes Chryss is more than just a life coach, she is there to help her clients rewrite their consciousness for them to learn to live their life to the fullest and build a relationship with themselves.

I met Chryss at a lovely cafe on the West side of London on a Saturday afternoon as she offered a free consultancy session to help me figure out why I was settling for less in my current relationship.

I believe that the relationship with yourself is the most important one," she says. "Who comes first is the courtesy of different excuses, a lot of them are relationship based. All the work that I do will bring us back to the relationship with yourself."

We started the session by my telling the whole story of my two year long relationship. I talked about the stage of feelings I experienced when I first met my boyfriend, how I felt wonderful I felt so crazy date we had, on every night we spent together, and every time I heard how special I was to him. I was in love and I had the motivation to move his pressure and our plans for the future together.

But almost two years in, our story has changed. The man I fell in love with is just a great memory and the man I woke up to a nightmare. I felt like I was being a bad girlfriend, I have ignored my feelings, refused to communicate about our problems, and completely shut down for intimacy leaving me with a lot of pain and hurt. I felt like I was being a bad girlfriend being together for over a year and the promise of meeting the family became a sensitive topic as if he was hiding something from me. How the same person who once wanted the life with me, now wanted me to be a chaser with his friends and family. He is 5 and I finally realized we moved in each other's lives, we are just roommates.

Photo by Jayson Pinoli

Then came the tricky question, **"What do you think the factors are contributing to you staying in the place where you don't feel like the best version of yourself?"**

Was I scared of being by myself again? Could I survive being on my own? Will I be able to find love again? I questioned.

Chryss then explained to me that there are several reasons why people often choose to stay when they're unhappy. Here's what happened, and how it can apply to us all:

LESSON: FEAR CAN KEEP YOU STUCK

One of the main reasons why people stay is because they compare their life before the relationship to their life, being scared that their world be accepted, says Chryss. People are afraid of being by themselves, they are afraid of what people will say, are afraid of being seen as a failure, are afraid of being seen as a failure, are afraid of being seen as a failure

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